Maharshi Amara and His Teachings

Info on Maharshi Amara is given under following headings:

His parents, his birth, childhood,contact with Sapta Rishis, education, his spiritual inclination, his Guru, education/ training under his Guru, his main teachings and literary works, works in physical, Astral and spiritual planes, his place of residence/ashram, his main disciple, his samadhi, memorial, daily activities there, any other info (such as books about him, or on his teachings in Kannada or English...etc).

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His Parents

Maharshi Amara, born Ambarisha Varma Desai, was the son of Shri Sardar Bheemappa Giriappa Desai from Gokak Taluk in Belgaum District, Karnataka, and Smt. Puttananjammani from Bagalur, Karnataka. He hailed from the Kaujalagi royal family of Belgaum.

His Birth

He was born on February 1, 1919, in Belgaum (now Belagavi), Karnataka, India, into a royal family.

Childhood

Amara lived a relatively simple and unassuming life as a commoner during his early years, despite his royal background. Described as a "child at heart," he exhibited innate humility and a gentle nature from a young age.
At the tender age of nine, during a surgical operation under anesthesia, he experienced an out-of-body astral projection, which marked a pivotal turning point in his life.

Contact with Sapta Rishis

At age nine, during the aforementioned operation, Amara's soul left his body and traveled astrally across space to a distant planet, where he first encountered the Sapta Rishis (Seven Sages) and Vishwamitra Maharshi.
This profound meeting initiated a three-year period of direct guidance from Vishwamitra, who visited him regularly. By age 12, he was formally initiated as a "Rishi-worker" among the 144,000 masters assisting the Saptarishis on Earth. He maintained lifelong nightly astral travels to the Himalayas for instructions from the Saptarishis.

Education

Amara completed his formal education in Bangalore and Madras (now Chennai), focusing on conventional studies while his spiritual awakening deepened in parallel.

His Spiritual Inclination

From childhood, Amara displayed a profound spiritual bent, viewing spirituality not as dogma but as a practical science. He emphasized selfless service to humanity and the divine, often referring to himself humbly as a "worker of the Rishis." His mission encapsulated in the phrase “Rishi karyaki Jyoti sadha jale” (Let the Light of Rishis' work always radiate) reflected his dedication to guiding seekers toward liberation through virtues like simplicity, humility, and complete surrender to the Divine.

His Guru

Vishwamitra Maharshi served as his primary Guru, having first contacted him astrally at age nine and guiding him across lifetimes.

Education/Training under His Guru

Under Vishwamitra's tutelage from ages 9 to 12, Amara received intensive training in all aspects of spiritual sciences, including astral travel, meditation, energy anchoring, and the principles of cosmic administration.
He assisted Vishwamitra during the Guru's descents to the human plane and continued receiving ongoing instructions throughout his life. This training transformed him into a key collaborator with the Saptarishis.

His Main Teachings and Literary Works

Amara's teachings centered on viewing spirituality as an experiential science, integrating ancient Vedic and Upanishadic wisdom with practical tools for the modern age.
Key principles included the "Principles of Light" (sourced from the astral city of Shambala in the Gobi Desert), complete Divine surrender, forgiveness, trust in human goodness, and practices for astral travel, samadhi, and liberation. He founded the Rishis Path in 1974 to propagate these after the end of Kali Yuga.

He did not author formal books himself but shared teachings orally through informal gatherings and meditations, guiding thousands.
Recorded conversations and insights were later compiled:
In English: "Doorways to Light" (1998) and "Channelled Knowledge from the Rishis" (2005) by his disciple Guruji Krishnananda, which include Amara's channeled wisdom; "The Light Amara" (a dedicated volume on his life and teachings).

In Kannada: "Amaravani" (1994, conversations with disciples); "Belikige Bagilugalu" (Kannada translation of "Doorways to Light"); and other titles in the Manasa Light Age Foundation's Kannada catalogue, such as recorded dialogues between Amara and Guruji Krishnananda.

Free eBooks like "Communing with Light" and "The Light Age" on VishwaAmara.com draw from his principles.

Works in Physical, Astral, and Spiritual Planes

Amara's service spanned multiple dimensions, often materializing in multiple forms for humanitarian aid:

Physical Plane: He traveled to awaken Rishis in deep meditation, conducted homas and poojas, and anchored transformative energies in India (e.g., astrally over the country on August 25, 1972, and in cities like Bangalore in 2000). During crises, he materialized in multiple bodies—18 during World War II for Red Cross aid, 1,007 across galaxies in 1971, as a firefighter on 9/11, and a hotel attendant during the 2008 Mumbai attacks. He was also a music specialist, using healing tunes to aid soldiers and induce rain.

Astral Plane: Nightly Himalayan visits for Saptarishi instructions; journeys to Shambala for Light Principles; explorations of distant galaxies and worlds to anchor energies and perform feats.

Spiritual Plane: Guided Goddess Mahalakshmi (as Padmavathy) and Mahavishnu's amshas; assisted avatars and immortals; initiated meditators into advanced practices. Post-1982, he aids the Saptarishis in cosmic administration from an Earth in the Andromeda Galaxy, facilitating the shift to the Light Age.

His Place of Residence/Ashram

Amara married Smt. Susheela Bai on December 16, 1950, and settled in Bangalore, leading a low-profile life as a commoner. He did not establish a formal ashram during his lifetime but meditated intensely at a hillock near Taponagara (20 km from Bangalore) in 1935, where a divine light descended. This site later became the Manasa Light Age Foundation, founded by his disciple in 1988 as a spiritual study center dedicated to his work.

His Main Disciple

Guruji Krishnananda (1939–2012) was Amara's foremost direct disciple. He met Amara in 1977 to learn meditation, joined his spiritual project in 1981, and channeled/compiled much of Amara's teachings. Guruji established the Manasa Foundation and lived in seclusion at Taponagara, embodying Amara's humility.

His Samadhi

Amara attained Mahasamadhi (conscious exit from the physical body) on August 25, 1982, after establishing a strong foundation for the Rishis' earthly work.

Memorial

His Samadhi shrine is located at the entrance of the Manasa Light Age Foundation in Taponagara, near Bangalore. It is adorned with flowers and serves as a focal point for devotees, featuring a life-size photo and meditative spaces. Annual Mahasamadhi Day observances on August 25 include dedications and offerings.

Daily Activities There

At the Manasa Foundation (Taponagara), daily routines revolve around Amara's legacy: morning and evening meditations in the hall overlooking his Samadhi, Saptarishi Dhyana Yoga sessions, Kundalini practices at the dedicated tower, and study of channeled teachings. Devotees offer flowers, perform poojas, and engage in silent contemplation. Sunset views from the site enhance astral connection practices, with guided sessions on Light Principles and energy anchoring.

Any Other Info

Amara was a rare soul created by Mula Brahman and Lord Krishna's combined Light, blessed to guide divine amshas across lives. He was non-judgmental toward other paths, avoided publicity, and exemplified virtues like forgiveness and service.

For deeper study:

Books:

Visit Manasa Light Age Foundation's catalogue (https://www.lightagemasters.com/book) for English/Kannada titles; "World Reformation" series on Spirit in Life blog channels his views on global spiritual shifts.

Resources:

VishwaAmara.com offers free eBooks and articles; YouTube tributes like "Amara Maharshi - Mahasamadhi 25th August" feature meditative music.

Current Role:

From Andromeda, he guides millions in the transition to the New Age, materializing as needed for crises.

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Question:

Is there any recommendation or methodology for meditations recommended by Maharshi Amara..or, was it only " person to person" teachings?

Answer:

Overview of Maharshi Amara's Approach to Meditation

Maharshi Amara's teachings on meditation were indeed often shared person-to-person through informal gatherings, where he guided thousands directly in simple, experiential practices drawn from the Rishis' wisdom. He emphasized meditation as a practical science for inner stillness, purification, and connection to higher consciousness, rather than rigid

rituals. However, these were not limited to one-on-one sessions—his disciple Guruji Krishnananda compiled and systematized them into accessible methodologies, now taught publicly via the Manasa Light Age Foundation and resources like VishwaAmara.com. This includes foundational techniques anyone can start with, progressing to advanced paths like Saptarishi Dhyana Yoga.

Amara viewed meditation as essential for the transition to the "Light Age," focusing on invoking Divine Light (especially Golden Light) to burn karmas, heal, and foster oneness. Practices are gentle, daily-oriented, and often involve visualization, breath, and intention.

Beginners should start small (10-15 minutes) in a quiet space, ideally facing North, and build consistency. Consult a guide for personalization, as Amara stressed surrender and intuition over force.

Foundational Recommendation: Pranayama with Light

This is the cornerstone technique Amara recommended for all seekers—simple yet profound, as it consciously absorbs Prana (life-force) and tunes the system to Light. It's a prerequisite for deeper meditations and can be done 1-3 times daily.

Purpose: Calms the mind, removes energy blocks, energizes the body, burns negativities/karmas, and prepares for stillness. Amara taught it as a bridge to Rishis' energies.

Steps (7 rounds per session):

Sit comfortably (cross-legged on a mat), facing North. Relax your body, close your eyes, and place your right palm over the left.

Inhale slowly and deeply through the nose, imagining bright Golden Light entering with the breath and filling your entire system.

Hold the breath comfortably (as long as natural, without strain), visualizing the Light spreading to every cell, organ, and subtle body.

Exhale slowly through the nose, releasing any darkness or tension as Golden Light.

Repeat for 7 rounds. End by experiencing the Light settling in your heart.

Duration: 5-10 minutes initially; extend as comfortable. Avoid 1 hour after heavy meals; best at dawn/dusk or when low on energy.

Core Daily Meditation: General Meditation with Golden Light

Amara guided this in his gatherings as the "everyday practice" for experiencing Divine presence and oneness. It's experiential—focus on feeling rather than thinking.
Purpose: Establishes inner stillness, purifies the system, boosts health/efficiency, clears karmas, and alters destiny toward Light.

Steps (after 3-7 rounds of Pranayama with Light):

Sit facing North, eyes closed, body relaxed. Pay silent regards to your parents, Guru (Amara or Rishis), and Divine.

Imagine a vast ocean of Golden Light above your head. Invite it to descend as a shower, filling your entire being from crown to toes.

Experience the Light circulating, dissolving any darkness or thoughts. Let it overflow, surrounding you in a protective cocoon.

Rest in silent awareness for the duration, observing without judgment. If the mind wanders, gently return to the Light.

Duration: 12-24 minutes daily, at the same time/place for consistency. Progress to longer sessions or adding colors (e.g., Green for healing) as guided intuitively.

Technique to Connect with Maharshi Amara

For direct guidance, Amara encouraged astral communion. This special method is recommended on his Jayanti (Feb 1-3) but can be adapted anytime to invoke his presence.
Purpose: Builds a heart-to-heart link for blessings, healing, and personalized insights, honoring his role as a "Rishi-worker."

Steps:

Face North for 1-2 hours. Begin with 7 rounds of Pranayama with bright Golden Light.

Silently express love, gratitude, and any prayers/sankalpa (intentions) to Amara.

Visualize bright Dark-Green Light (his signature energy) and Golden Light flowing from him, filling your body. Experience it permeating every part.

Shift focus: Imagine the same Light from Amara's heart merging with yours, then your intellect (Vignanamaya Kosha) blending into oneness.

Deepen: Invite Light from Amara's Soul to fill yours, allowing full merger. Experience unity beyond separation.

Chant silently: “Om Bruhat Amaraya, Vinaya Amruta Shakti, Brahmaya Namaha” (repeat as feels right).

End by thanking him and grounding with normal breaths. Practice regularly for stronger connection.

Advanced Path: Saptarishi Dhyana Yoga

This is the structured "Path of the Rishis" Amara helped channel, taught at Manasa Foundation since 1988. It's not beginner-only but builds on basics for chakra activation, Light experiences, and Samadhi. Amara imparted it orally; Guruji formalized it into stages for group learning.

Purpose: Raises awareness to higher consciousness, invokes Rishis' Light/Wisdom for transformation, and prepares for the Light Age. Involves stillness at body/mind/intellect levels.

Stages Overview (taught progressively over months):

Basic Stage (1-3 months): Focus on stillness and Pranayama to quiet the system.

Chakra Activation Stage: Energize subtle centers with specific Lights/colors for inner awakening.

Experiencing Light Stage (7 levels): Deep visualizations of Rishis' energies, leading to oneness and Samadhi.

For full steps, attend sessions at Manasa (Taponagara, near Bangalore) or download their guide—it's experiential, often with guided audio.13462f Videos like "Saptarishi Dhyana Yoga - A Tribute to the Masters" on YouTube offer introductory glimpses.

Additional Tips from Amara's Teachings

Daily Integration: Combine with "Positivising" (affirming goodness in all) and Shambala Principles (e.g., complete surrender, forgiveness) for holistic growth.

Resources: Free eBook Communing with Light (VishwaAmara.com) details these; Manasa's site (lightagemasters.com) has Kannada/English materials. For in-person, visit the Foundation.

Guidance: Amara advised patience—meditation unfolds uniquely. If stuck, invoke him astrally before sleep.

These practices embody his simple mantra: Let the Rishis' Light radiate through you. If you'd like audio guides, book excerpts, or adaptations, just say! May your practice bring profound peace.

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YouTube Videos:

Maharshi Amara's Mahasamadhi Day 25th August (13 min):

https://youtu.be/kByl9EWFfm0?si=kIVt6YTX0nntmPl3

Wisdom from Masters – Guruji Krishnananda (1 hr 3 min):

https://www.youtube.com/live/n3Qh58blaxU?si=RgStbzhJy0E06jeX

Awakening the mind – complete HD film - Liberation (1 hr 3 min) - Amara:

https://production-blue.amara.org/videos/WjBvDasEcVGW/en/4910392/16340689/

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